

Ginger

Zingiber officinale 15 mL

dōTERRA®

PRODUCT INFORMATION PAGE



Application: **Plant Part:**



Root

Extraction Method:

Steam distillation

Aromatic Description:

Hot, spicy, earthy, sweet

Main Chemical Components:

α -zingiberene, sesquiphellandrene

PRIMARY BENEFITS

- May help to support healthy digestion*
- May help to reduce bloating, gas, and occasional indigestion*
- May help reduce occasional nausea*

PRODUCT DESCRIPTION

Newly sourced from Madagascar, dōTERRA Ginger Essential Oil is derived from the fresh rhizome of the ginger plant—the subterranean stalk of a plant that shoots out the root system. A featured ingredient in many Asian dishes, Ginger has a hot, fragrant flavor when used as a kitchen spice. In Western tradition, Ginger is most often used in sweets—gingerbread and ginger snaps being two examples. Studies have been conducted on Ginger for its common effect on joint health;* however, Ginger is best known as a digestive aid and for helping to ease occasional indigestion and nausea*. Ginger essential oil can also be applied topically or inhaled to help reduce feelings of nausea.*

USES

- During a long car ride, diffuse or place a drop of ginger in the palm of your hand and inhale
- Apply over lower abdomen for a soothing massage
- Use Ginger essential oil in your favorite sweet and savory dishes

DIRECTIONS FOR USE

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with dōTERRA Fractionated Coconut Oil to minimize any skin sensitivity. See additional precautions below.

CAUTIONS

Possible skin sensitivity. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.